



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

UC Cooperative Extension

September 2022

# Central Sierra

Amador County | Calaveras County | El Dorado County | Tuolumne County

Greetings from UCCE Central Sierra!

September finds schools back in session, summer coming to an end, and autumn days on the horizon. Enrollment for the 4-H Youth Development Program is in full swing and clubs across the Central Sierra are offering a wide range of in-person projects for the upcoming program year. Meanwhile, the UCCE Master Gardeners and UCCE Master Food Preservers continue to host a variety of events and online classes relevant to the changing season. Important work is being done to research, educate, and support the needs of our community members, and our commitment in doing so is stronger than ever. Check out this [article by our UCCE Master Gardeners](#) offering sound advice to help your plants and gardens survive this unseasonal heat. Please do not hesitate to reach out should you have questions. Take care and stay healthy.



**JoLynn Miller**  
Director & 4-H Youth  
Development Advisor

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University of California  
Cooperative Extension  
Central Sierra Nevada  
Multi-County Partnership

Sincerely,  
JoLynn Miller

## UCCE Central Sierra Forestry & Natural Resources

*Forests and woodlands in the Central Sierra Nevada are beautiful, extensive, diverse and owned by both public and private landowners. Active management is needed to reduce forest density and to help forests recover after wildfire. The goal of the Central Sierra forestry program is to empower landowners to overcome these challenges.*

### **Post-Fire Workshop**

**Online September 6 - October 4, 2022 &  
In-Person Thursday, 10/13 or Friday, 10/14**

Participants will learn about managing forestland after wildfire using online resources on their own time to complete learning modules and short activities. Zoom meetings with all participants and presenters will take place once a week on Tuesdays from 6-7:30pm. The focus is on recent fires in the northern / central Sierra Nevada. The in-person field trips will visit the Dixie, Caldor & Tamarack fires to see fire impacts, restoration needs and strategies and restoration projects on private and public lands. Contact [Susie Kocher](#) with questions.

Cost for the workshop is \$25. [REGISTER HERE](#)





**Hosted by:**

University of California  
Cooperative Extension

My Sierra Woods

**in collaboration with:**

CAL FIRE

California Association of  
Resource Conservation  
Districts

California Fire Safe  
Council

Forest Landowners of  
California

USFS Region 5



Photo credit: Jade  
Elhardt

University of California  
Agriculture and Natural Resources

# Save the Date!

## Small Forest Landowners Field Day

Sunday, September 18, 2022

9:00am – 12:00pm

Twain Harte, CA

Join us for:

- A tour of a recently completed fuels reduction project, where we'll hear from the forester and landowner about what decisions were made and why.
- A discussion about what technical and financial assistance programs are available for local private forest landowners.
- An introduction to the My Sierra Woods team and partners dedicated to helping private forest landowners take action to reduce fire risk across the landscape.

### Register TODAY!

Registration is free but limited to the first 40.

Sign up by visiting:

<https://surveys.ucanr.edu/survey.cfm?surveynumber=37791>

For questions, contact Kim Ingram, [kcingram@ucanr.edu](mailto:kcingram@ucanr.edu).

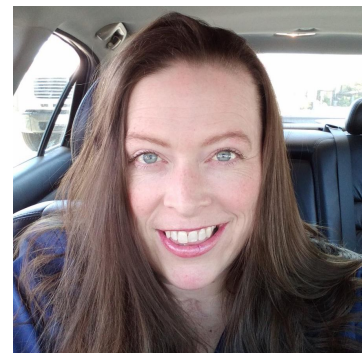


The Forest Stewardship Education Initiative is a CAL FIRE funded contract (8CA04547), awarded July 1, 2019 through June 30, 2024, to Susie Kocher, RPF#2874, University of California Cooperative Extension, to help landowners develop forest management plans.



## UCCE Amador Office Welcomes Administrative Assistant

Bonnie Fraser is the new administrative assistant for the UCCE Cooperative Extension in Amador County. In addition to assisting UCCE staff and volunteers, Bonnie also works for the Amador County Department of Agriculture and Weights and Measures. For the last 20 years she has been working in medicine, most recently as a staff supervisor and surgery coordinator for an orthopedic office in Folsom. She has two children. The oldest is a Corporal in the U.S. Marine Corp, stationed in Washington D.C. The younger is a senior at Amador high school who plans to work towards a degree in agriculture. Family and friends are the most important thing in her life and her favorite thing to do is spend time with them. Bonnie said that



so far, she has really enjoyed her new job and looks forward to learning and helping as much as possible.

## UCCE Central Sierra 4-H Youth Development Program

The 4-H Youth Development Program offers educational opportunities for children, teens, families, and adults. 4-H helps young people to reach their full potential as competent, confident, leaders of character who contribute and are connected to their communities.



# JOIN THE CLUB

Enroll NOW for the 2022-2023 Program Year!



### Calaveras County 4-H Welcomes New Program Representative

Last month, Lynnelle Madsen started with UCANR as 4-H Community Education Specialist for Calaveras County. Lynnelle has worked with children birth to twelve for the past 12 years. During her tenure she wrote successful grants for innovative teaching strategies and sought to provide developmentally appropriate educational experiences. Lynnelle views inclusion and equity as a main priority for program development as 4-H impacts everyone involved positively.

Born and raised in Ripon, she grew up showing horses, pigs, and cattle across the state and nationally. Lynnelle was an active member in numerous clubs and focused on leadership development, serving locally and regionally. Lynnelle has a bachelor's degree in Psychology and studied Early Childhood Education at TCSJ. When not volunteering with local organizations, Lynnelle enjoys crafting, camping with her daughter, and cooking for friends and family. Welcome, Lynnelle!

### The 2022 California State Fair

The State Fair this year was a really fun event. I originally was only going to spend three days down there, one for the County Best of Competition, one for the poultry show, and one for the goat show, but I ended up spending the whole week at State Fair! While I was down at State Fair for the County Best of, I took a test to see if I could qualify for the Small Animal Challenge of Champions. Challenge of Champions is an opportunity to demonstrate your small animal knowledge. I took the rabbit test and I got in! We then had to come down to State Fair again for the next round. The semi-finals were really fun. I competed just for rabbits and I had to show the judges I knew how to tattoo a rabbit, what to use in a nest box, what to feed a rabbit, how to cull

rabbits, how to identify Angora fiber, and a lot of other things. I then qualified for the finals. Now I had to demonstrate my knowledge of both rabbits and chickens. There was a lot of stuff I didn't know on the tests, and it was challenging! I ended up getting first place in the 13 and under category and Champion Rabbit Exhibitor. Getting to go to State Fair was amazing and very exciting. I was proud to exhibit my Black Langshan chickens, and get Best Large Fowl with one. I also brought my goats and did goat showmanship as well as exhibit them. State Fair was great, I am excited for next year, and I encourage you to join the fun!

**-Lily Himmel, Amador County Ambassador**



**Visit the UCCE Central Sierra 4-H Website**

Have questions about 4-H? Contact [centralsierrafourh@ucanr.edu](mailto:centralsierrafourh@ucanr.edu)

## UCCE Master Gardeners of Central Sierra

UCCE Master Gardeners are community members who have been trained under the direction of the University of California Cooperative Extension. Each volunteer has completed more than 50 hours of formal classroom training to provide practical scientific gardening information to the home gardeners.

**Questions about your home garden or landscape?  
Interested in upcoming classes and events?**

**Visit the UCCE Central Sierra Master Gardeners Websites**

UCCE Master Gardeners are available to answer your questions!



**HERITAGE ROSE GARDEN'S**

**FALL ROSE SALE**

SEPTEMBER 17, 2022

From 10:00 to 12:00

Roses are in limited numbers

No pre-sales

Prices from \$5.00 to \$20.00

Cash and checks accepted

Sorry, no power = no credit cards!

1334 Jackson Gate Road, Jackson  
(Rose garden tours available, too)

**"Abbott & Burns" pre-1857**



China

Miniature bush 2' x 2'  
1" blooms, mottled pink  
Nearly constant bloom  
From Arkansas to  
California by  
covered wagon

**'Cecile Brunner' 1894**



Polyantha

aka "Sweetheart Rose"  
Vigorous climber  
Perfect miniature buds  
Light pink,  
Sweet and spicy scent  
May not repeat bloom

**'Climbing American Beauty' 1875**



Hybrid Perpetual

Climber (rarely grown)  
Globular, varying pinks  
Repeat blooms - flushes  
Caused a revolution in  
the florist industry

**"Gatewood Street San Andreas"**



Wichurana

Small leaved,  
sprawling shrub  
Clusters of white  
flowers  
Repeat blooming

**TUOLUMNE COUNTY OPEN GARDEN DAY**

**September 10, 2022 | 10AM – 1PM**

The UCCE Tuolumne County Master Gardeners will be holding an Open Garden Day at the Demonstration Garden located at 251 S. Barretta Street in Sonora, (Cassina High School Campus.) Open Garden Days are held on the first Saturday of the month, from February through November, rain or shine. This month the UCCE Master Food Preservers talk about how to preserve your harvest using a solar dehydrator. Activities begin at 10:30am.

[More Info](#)





UCCE Master Gardeners of El Dorado County Present

# FALL INTO GARDENING

**OCTOBER 1, 2022 | 9AM - 12PM**

**Sherwood Demonstration Garden | 6699 Campus Drive, Placerville, CA**

On October 1, 2022 **Fall Into Gardening** with the Master Gardeners at their beautiful Sherwood Demonstration Garden located in Placerville.

Presentations on a variety of topics will be given throughout the day. Visitors can come for one class or stay all day. There will also be activities for kids, community booths and UCCE programs.

All 16 individual gardens will be staffed by Master Gardeners who will answer your gardening questions. They can help with Fall chores and what is blooming that you can't live without.

Entrance is free. Come join us and **Fall into Gardening!**

For more information, [click here](#).



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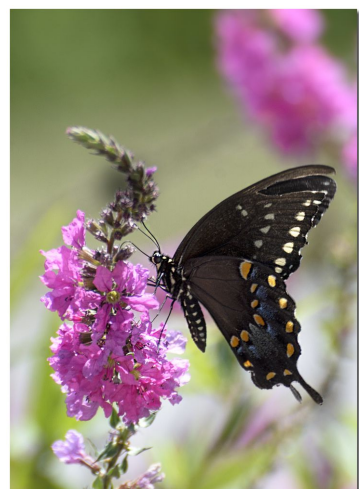
### Final Open Garden Day

September 17, 2022  
Amador County



### Polystyrene Collection Days

September 24-25, 2022  
Tuolumne County



### Free Public Education Classes

September 2022  
El Dorado County

## UCCE Central Sierra Community Nutrition

Through the CalFresh Healthy Living (CFHL) UCCE Central Sierra program, we teach free classes in local schools, community centers, libraries, and other public locations. Our classes show people how to choose, grow, cook, and enjoy affordable healthy foods, and how to make physical activity a regular and fun part of life. We also work to create environments where it's easier for people to make healthy choices, by supporting school wellness policies, community and school gardens, walking clubs, and more.



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### The Foothill Indian Education Alliance + CFHL, UCCE Central Sierra: Fostering Youth Cultural Knowledge in Food & Cooking



CalFresh Healthy Living, UCCE (CFHL, UCCE) in collaboration with the Foothill Indian Education Alliance (FIEA), provided five weeks of garden-based nutrition education, cooking lessons, and integrated indigenous cultural art and history lessons to 17 local indigenous youth with varied tribal affiliations including Cherokee, Apache, Miwok, and Maidu through the summer of 2022. The goal of the summer program was to create an opportunity for indigenous youth to continue education-based learning and foster greater cultural connection. The activities provided youth with opportunities to build upon their cooking skills,

garden knowledge, and experience recipes with culturally relevant ingredients. The success of this summer program will foster partnerships and programming with the local Native American communities to provide garden-based nutrition education and youth engagement opportunities. [Read Success Story](#)

*Photo: Talia (6th grade), Lacey (4th grade), and Maurice (8th grade) students, holding Leah's Pantry Young, Indigenous, and Healthy cookbook.*

## Introducing a few new faces for the UCCE Central Sierra UC CalFresh Health Living Team!



**Kathleen Carter**  
Nutrition Educator, Amador County

Kathleen Carter joins UCCE Central Sierra's CalFresh Healthy Living nutrition education program in Amador County as a Community Education Specialist 1. Kathleen recently graduated from California State University, Chico with a Bachelor's of Science in Nutrition and Food Sciences. With prior experience interning for the Center for Healthy Communities in Chico, Kathleen is thrilled to continue working with CalFresh programs and others that share her passion for nutrition communication and education. Kathleen can be reached [atktacarter@ucanr.edu](mailto:atktacarter@ucanr.edu).

**Mariana Garcia**  
Program Coordinator, El Dorado County Western Slope

Mariana Garcia joins the UCCE Central Sierra CalFresh Nutrition Education Program as a Community Education Specialist 3, located in El Dorado County's Western Slope. Mariana earned a Bachelor's degree in Nutrition with a Minor in Child Development from California State University, Sacramento. She previously volunteered with Bridges, an after school program, where she had the opportunity to work with elementary school children. In her free time, Mariana enjoys hiking, baking, and trying new places with friends. Mariana is excited to join the team and start her journey with UC CalFresh Healthy Living and UCCE Central Sierra.



### **Diedra Werner Liske** **Nutrition Educator, El Dorado County Western Slope**

Diedra works for the CalFresh Healthy Living Central Sierra as a Nutrition Educator. She holds a degree in journalism and a multiple-subject credential and has worn many hats in her professional life: from a reporter at a weekly paper to a content and assessment editor at a large publishing company in addition to 12 years of elementary classroom experience.

She is a life-long learner and considers every life experience as an opportunity to grow and develop as a human. She is an avid slow/whole-food cook, gardener, amateur forager, and became a certified California Naturalist in 2021.

Prior to landing in Placerville in 2018, her family slow-traveled across the US and Canada, living fulltime in a 5th wheel RV and road schooling her two boys. Throughout her family's four years of travel and while at home, she continues to grow as a cook, one who prioritizes fresh, healthy and affordable food. She has made meals and meal time an integral part of family life and takes great joy in feeding her family with foods that she has grown.

Diedra is a poet and writer and often inspired through her deep love of the outdoors. She regularly explores her local Sierra foothill lands through mountain biking, hiking, camping. She is thrilled to assist students, adults and families make and nurture healthy choices.



### **Harvest of the Month: Watermelon**

Try the **Look, Lift, Turn!** When selecting a watermelon, **look** for a firm watermelon that is free from bruises, cuts or dents. Scratching is ok. **Lift** it up. The watermelon should be very heavy for its size. **Turn** it over. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun. If you want to try the thump, you're listening for a dull, muffled, hollow sound if it's ripe. If it's unripe, the sound may be more of a metallic, clear ring. Another way to describe it is a "ping" for unripe or a "pong" when ready.

Watermelon is fat free, saturated fat free, cholesterol free, sodium free, and a good source of vitamin C! Store whole watermelons at room temperature and refrigerate cut watermelons in

airtight container for use within 5 days. Watermelon is common in cuisines of South East Asia (Vietnam, Cambodia, Laos), Africa, Southern, Mediterranean, and Latin. [Learn More](#)



## Watermelon Gazpacho

Labor Day BBQ? Try this simple and delicious gazpacho [recipe](#) using leftover watermelon! In less than thirty minutes, watermelon can be combined with a few savory ingredients for a surprising and refreshing twist.

## UCCE Master Food Preservers of Central Sierra

The UCCE Master Food Preserver program trains dedicated volunteers to assist the county UC Cooperative Extension staff provide up-to-date food preservation information. Our current program is active in El Dorado, Amador, Tuolumne, and Calaveras counties.

**Ask a**  
UC Master  
Food Preserver  
Central Sierra

### Questions About Food Preservation?

Ask a UC Master Food Preserver online, any time! Plus sign up to get e-news, event updates and free class schedules delivered to your inbox each month. [Subscribe Here](#)

### El Dorado County Website



### Amador / Calaveras County Website



## SEPTEMBER CLASSES & EVENTS

*Learn preservation methods and recipes for seasonal produce just in time for the holidays!*



### **Ask a MFP - Live!**

**September 7**  
6:30-7:30PM  
Online  
[Register Here](#)



### **Relish Your Harvest**

**September 8**  
6:00-7:30PM  
Placerville, CA  
[Register Here](#)



### **Cranberries, Pears & Apples**

**September 17**  
9:30-11:30AM  
Jackson, CA  
[Register Here](#)



### **Sausages & Mustards**

**September 21**  
6:30-8:00PM  
Online  
[Register Here](#)



### **Pumpkins & Pomes**

**September 24**  
9:30-11:30AM  
Placerville, CA  
[Register Here](#)

## UCCE Central Sierra Agriculture

*The Central Sierra foothill region produces a wide variety of agriculture commodities. The University of California brings research and outreach to area farms to assist with growing and cultural practices, pest and disease management, and more!*

**8th California Oak Symposium**  
Sustaining Oak Woodlands Under Current and Future Conditions

Oct. 31-Nov. 3, 2022  
Embassy Suites, San Luis Obispo, California



Join Us for the 8th Symposium to:

- Listen to science based talks from leaders in academia, industry and agencies.
- View thought provoking abstracts and posters from colleagues.
- Experience tours of San Luis Obispo County's various Oak Woodland habitats.
- Engage in discussions and network with other like-minded professionals, researchers, and scientists.

Presented by the University of California's Division of Agriculture and Natural Resources, the 8th California Oak Symposium is intended for anyone involved in research, education, management, and conservation of California's oak woodlands. This includes foresters, range managers, tribes, arborists, landowners, community groups, land trusts and policy makers. [REGISTRATION NOW OPEN](#)

## More UCCE Central Sierra Programs



[Living with Fire](#)



[Livestock](#)



[Natural Resources](#)



[Oaks & Rangelands](#)



[UC California Naturalist Program](#)



## UC ANR [Coronavirus and COVID-19](#)



California is reopening all activities statewide, but it is important to remember that the pandemic is not over and COVID-19 remains a health threat. As we plan and implement a return to in-

person ANR programs, we should stay informed about COVID-19 trends statewide and in our communities. Here are a few resources from the CDPH and other trusted sources.

- [Public Health Order](#)
- [Beyond the Blueprint](#)
- [Tracking COVID-19 in California](#)
- [COVID-19 Dashboards and Data](#)
- [Get Local Information](#)
- [COVID-19 Case Map](#)

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Central Sierra on Facebook





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